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NEWTOWN DISTRICT DEPARTMENT OF HEALTH

IF YOU ARE ILL, TESTED POSTIVE OR HAVE BEEN EXPOSED **TO A CASE** **KNOW WHEN TO ISOLATE OR QUARANTINE**

Stay home if you have been told you tested positive OR if you might have been exposed to COVID-19.

(THIS INCLUDES: IF YOU ARE NOTIFIED THAT YOU OR A FAMILY MEMBER/LOVED ONE ARE A CONTACT OF A CASE from a reliable source like friend, family, teacher, coach, etc.)

CDC LINK FOR MORE INFO ABOUT QUARANTINE & ISOLATION: [Click here](#)

CASES ARE RISING, PLEASE READ - IF YOU HAVE TESTED POSTIVE (AT A LAB, CLINIC, PROVIDERS OFFICE OR HOME/SELF-ADMINISTERED TEST)

Dear Resident,

When someone tests positive for COVID-19, they are a “case”. In Connecticut, positive cases of COVID-19 are required to be reported by laboratories and providers to the state Department of Public Health and to the local health department. At that point, local health and/or state contact tracers will attempt to initiate contact tracing to ascertain the case’s health status, ability for them to care for themselves while isolating, and to help provide information to reach those who may have come in close contact with the case.

We want to take this moment to provide some recommendations to help cases and those around them stay safe and healthy. If you need more information than provided on this page, or need help, please call 203-270-4291 so that we can provide this guidance verbally.

As a case: While you are sick, we recommend you remain isolated from others as much as possible for a period of 10 days. Being vigilant about remaining isolated will help protect members of your household and others from becoming sick. CDC guidance allows cases to come out of isolation after 5 days if they are asymptomatic or their symptoms are resolving, they still need to wear a mask for 10 days. Some cases may need the 10 days or more than 10 days depending on the severity of their symptoms.

As COVID-19 vaccines become widely available, it is important to note that individuals who are fully vaccinated (i.e., it has been 2(+) weeks since the final required dose) are still required to complete an isolation period should they test positive for COVID-19.

You should isolate as much as possible until **ALL** of the following are true:

- You have had no fever for 24 hours and have not taken any fever reducing medicines during that time, AND
- It has been at least 10 days since your symptoms began, AND your symptoms are resolving, **OR**
- Per CDC guidance, it's been 5 days and you are asymptomatic or your symptoms are resolving, AND
- You have had no fever for 24 hours and have not taken fever reducing meds during that time **AND** you will continue to wear a mask around all others for 5 more days

Your last day in isolation is either the fifth or the tenth day since your symptoms began, or, if you did not have symptoms, the date of your test. First day of symptoms or date of test is Day 0 and you should isolate for your time period and you will come out of isolation on Day 6 or 11, again, provided that all above criteria are met*

Isolation means that while you are sick you should do the following:

- ✓ Stay home and avoid direct contact with household members and others
- ✓ Stay in a room and use a separate bathroom, if possible, and avoid sharing household items such as drinking glasses, utensils, dishes, towels, or bedding
- ✓ Cover your cough with your elbow or a tissue; dispose of tissues and other items, such as disposable facemasks and gloves, into a lined container
- ✓ You and your household members should practice good respiratory hygiene, including washing hands frequently for at least 20 seconds, avoiding touching your faces, and cleaning high touch surfaces (such as doorknobs, counters, and bathroom fixtures) frequently
- ✓ You should wear a cloth face covering or disposable face mask when you need to be around other people; if you are not able to wear a facemask (for example, it causes you to have trouble breathing) then other people should wear masks when they are in the same room
- ✓ Do not have visitors to the home unless they are essential and are wearing a face mask
- ✓ Have other household members care for any pets in your home; if you must care for your pets, limit your contact as much as possible
- ✓ You do not necessarily need to seek medical care; only seek medical care if you feel your symptoms are severe or getting worse (some severe, potentially life-threatening symptoms include BUT ARE NOT LIMITED TO: chest pain, difficulty breathing, blue face or lips, confusion or a sudden change in mental state, severe vomiting or diarrhea and low oxygen levels)

If you do need to seek medical care, call ahead to let the medical office, emergency department and ambulance dispatcher (if applicable) know you have laboratory confirmed COVID-19.

If you are a health-care worker or first responder, contact your employer, hospital infection control, or human resources; they may have additional recommendations.

Preventing the spread of COVID-19 in your household and community:

- Close contact is defined as 15 min (+) of cumulative contact at 6FT or less, regardless of masking, starting 48 hours before you felt sick and throughout your infectious period.
- Your close contacts include household members, intimate partners, a person who provides care for you in your home without using recommended protective precautions, and any other individual who meets the above criteria.

IT IS IMPORTANT THAT YOUR CLOSE CONTACT(S) COMPLETE A 5 or 10 DAY QUARANTINE STARTING WITH THE LAST POINT OF CONTACT WITH YOU*

*unless fully vaccinated (see above) or having had a lab-confirmed COVID-19 case in the last 90 days

Please note: in order for your close contacts to begin their quarantine, they must not have any further contact with you (this pertains mostly to household members, and is another reason why you should isolate yourself from others in the home).

If you are unable to isolate away from members of your household for any reason, your close contacts will be able to start their quarantine on your last day in isolation.

If your close contacts include school-aged children, please contact their school(s) for further quarantine guidance.

Online resources:

- www.coronavirus.gov
- www.ct.gov/coronavirus

Thank you for your cooperation during this time.